

## NEWS FOR ALL SEASONS

*Wayne County Area Agency on Aging is proud to announce that one of our staff was the recipient of the Protective Services Leadership Award.*

*Pictured is Leigh Washington, Wayne County Aging Care Manager, receiving this award on Wednesday 6/15/16 at the Governor's Mansion in Harrisburg. On the right, presenting the award, is Teresa Osborne, Secretary of the Department of Aging.*

*Great Job Leigh!!!*












Wayne County Area Agency on Aging welcomes you to join with other caregivers at the monthly meeting of the Caregiver's Support Group. The next meeting will be held at the **Earl J. Simons Senior Center on Wednesday, August 10<sup>th</sup> at 1:30 pm.**

The group meeting is informal, but informational. The volunteer facilitators are experienced and understanding. Participants can share experiences, ideas, situations, solutions, and frustrations which help you and others who attend. Past, present and future caregivers are welcome to join us for this meeting every 2<sup>nd</sup> Wednesday of the month. Consider this as time for you to bolster your emotional and physical well-being.



Just a reminder that if you need someone to "sit" with your loved one while you attend the meeting, please call Amanda at 570-253-4262. It takes some time for us to make arrangements to accommodate your need, so your immediate call would be greatly appreciated.

<p>1) Stuffed Shells Meatballs Cauliflower Italian bread Pineapple tidbits</p> 	<p>2) Marinated tomato slices topped w/ mozzarella cheese Breaded Porkchop Wax beans Strawberries</p> 	<p>3) Honey Mustard chicken Baked potato Zucchini Mixed vegetables WW bread Sour cream LornaDoons</p>	<p>4) Roast turkey w/ Gravy Mashed potatoes Brussel sprouts w/oil Stuffing Warm Diced peaches On Biscuit</p> <p><i>N'thrn Wayne:</i> Apple juice, coleslaw, Turkey n cheese on rye, milk, diced peaches on biscuit</p>	<p>5) Coleslaw Baked cod Stewed tomatoes Sweet potato WW dinner roll Peanut butter Cookie</p> 
<p>8) Baked breaded chix strips Asparagus Italian style Steamed buttered cabbage Rice Pilaf Fruit Medley</p>	<p>9) Cream of potato soup WW Crackers Baked Tilapia Florentine Buttered carrots Vanilla pudding</p>	<p>10) Broccoli n Chick pea salad WW Spaghetti Meat sauce Apricots</p> 	<p>11) Pork Loin Applesauce Pierogies w/ Sour Cream Peas n Pearl onions Ambrosia</p>	<p><b>12) <u>Grandparents Day</u></b> <b>Red/Green leaf Salad</b> <b>Pizza</b> <b>Sausage bites</b> <b>Broccoli</b> <b>Pecan Sandies</b></p>
<p>15) Corn chowder W W Bread Salisbury steak w/ Gravy Mashed potato CapeCod blend vegetables Fruit cocktail</p> 	<p>16) Shredded Pork Barbecue On Bun Coleslaw Cauliflower Warm Diced peaches Over Biscuit</p>	<p>17) Vegetarian chile Baked salmon WW Rotini Baby carrots Rye Bread Orange segments</p> 	<p>18) Side_Caesar salad- Ham Warm Pineapple slices Parmesan buttered Fettuccini Sweet potato Vanilla Ice cream</p> <p><i>N'thrn Wayne:</i> apple juice, Caesar Salad, Ham n Swiss on rye, mustard, fresh cantaloupe, milk</p>	<p>19) Baked Chix tender Baked potato w/sour cream Cabbage Cube Cornbread Fresh cut cantaloupe</p> 
<p>22) Haddock Fish Patty Hamburger Bun Tartar sauce Stewed tomatoes Brussels w/garlic oil Oatmeal raisin cookie</p>	<p>23) Chix Cacciatore over Wh wh pasta Zucchini Succotash Jello cake</p>	<p>24) California Burger On WW Bun- Lettuce, tomato, onion Mayo Sweet Potato wedges Cucumber onion salad Pineapple tidbits</p>	<p>25) Vegetable lasagna Sausage bites Broccoli Strawberries</p> 	<p>26) Baby Spinach salad w/ tomatoes n radishes Chicken tetrazzini White rice Green beans Watermelon</p>
<p>29) Meatloaf Mashed potatoes Mixed vegetables Cornbread Warm Apple Betty</p> 	<p>30) Tom w/beans soup Cheeseburger on bun Potato Salad Pink Grape fruit</p>	<p>31) Green/red leaf Salad-w/ grated carrot, red pepper- Chicken Parmesan Over WW Rotini Broccoli Vanilla Ice Cream</p>	<p><i>Milk Served With All Meals</i></p>	<p><b>CONGREGATE MENU</b></p> 

## EVERYDAY AT THE HONESDALE CENTER

<u>Monday</u> 10:00 Walking Club 10:30 Bridge 12:00 Jazz Class 1:00 Crafts 2:00 Line Dancing	<u>Tuesday</u> 10:30 Exercise 1:00–4:00 Pinochle	<u>Wednesday</u> 8:30 Quilting 10:30 Exercise 10:30 Bridge 11:00 Tai Chi *fee 1:00 Art Class 1:00 Bingo 1:30 Tap Dancing	<u>Thursday</u> 10:00 Walking Club 10:00 Games 10:00 - 12:00 Wii 1:00 Cards	<u>Friday</u> 10:30 Exercise 1-2:30 Shuffleboard 1-2:30 Cribbage 1:00 Pool 1-2:30 Rummikub 1:30 Memoir Writing Group (1 <sup>st</sup> & 3 <sup>rd</sup> )
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CAREGIVER'S SUPPORT GROUP – WEDNESDAY, AUGUST 10 – 1:30



NORTHERN WAYNE CENTER  
Thursday, August 4 and August 18



## EVERYDAY AT THE HAMLIN CENTER

<u>Monday</u> Cards & Games 8:00-12 Pinochle	<u>Tuesday</u> Cards & Games 1:00 Bingo	<u>Wednesday</u> Cards & Games 10:00 Exercise	<u>Thursday</u> Cards & Games 10:00 Exercise 1:00 Crafts	<u>Friday</u> Cards & Games 10:00 Bingo
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## EVERYDAY AT THE HAWLEY CENTER

<u>Monday</u> Cards & Games 8-3 Gym Equipment 10:30 – 11:30 Exercise 11:30 - 3 Mah Jong 1-3 Wii Bowling	<u>Tuesday</u> Cards & Games 8-3 Gym Equipment 1 - 2 Bingo	<u>Wednesday</u> Cards & Games 8-3 Gym Equipment 10 - 2 Crafts 10:30 – 11:30 Exercise 1-2 Tai Chi *fee 5:30 – 8:30 Mah Jong	<u>Thursday</u> Cards & Games 8-3 Gym Equipment 1:00 Bingo 11 – 2:30 Card Club	<u>Friday</u> Cards & Games 8-3 Gym Equipment 10 - 2 Crafts 10:30 – 11:30 Exercise
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## Apprise- Pat Perkins

Greetings to all from the Apprise staff. We hope that everyone is enjoying this summer and the warm temperatures. I thought that I would repeat a topic that I have written about in the past: ambulance service. It seems pertinent at this time of year when everyone is more active and out doing things.



Medicare will only cover ambulance services to the nearest appropriate medical facility that can provide the care you need. If you choose to be transported farther away, Medicare's payment will be based on the closest facility. Medicare will only pay for the company that provides the transportation. In the past, you were able to call your local ambulance company to provide services, they billed Medicare, and Medicare's allowance was accepted as payment. You may have been billed for 20% or your supplement would have covered that. Today, most local companies are not staffed to answer emergency calls, and when services are needed, 911 is called. If you are calling for transport and are not in a life threatening situation, please remember to state that you do not need paramedics. (Advanced Life Support) The Advanced Life Support staff must identify themselves when they enter a vehicle, so if the ALS vehicle arrives as you are preparing to depart on the Basic Life Support vehicle you can again state that you do not require their services. If they do come on board and provide even minimal service, you will receive a bill of \$600-\$1200; (bills that we have seen), and it will not be covered by Medicare. There may have been "agreements" between local ambulance companies and ALS providers in the past that allowed both parties to share the Medicare payment, but we have not seen this recently. You may want to call your area's provider and see if an agreement exists. BUT as I have said in the past, do not risk your health if there is any doubt as to the level of care that you need. Bills can be dealt with later, especially if you feel there were no additional services provided beyond the Basic Life Support. I'd also like to remind Medicare beneficiaries who pay for a supplement policy to check and question bills from any provider. If both Medicare PART A & B deductibles are covered under your policy, most services should be paid at 100%. Incorrect information, coding errors and failure to submit bills by the providers can generate an incorrect bill. If anyone has a particular topic they would like to see addressed in the newsletter, please call Pat in Honesdale – 570-253-4262 or Lu in Hawley – 570-226-4209.

On another note, I would personally like to thank everyone who came out to enjoy our annual picnic at the fairgrounds on a very hot, humid day. My center staff, Kathy, Marie, Nancy, and Amanda starts preparing weeks in advance to make everything come together, so a big "thank you" to them. A special thank you goes to Mark and Debbie Birtel. Mark delivered the food right on time and assisted with serving. We were happy to have Debbie as a guest bingo caller and both provided assistance with cleanup. Our work release men showed up bright and early to set up and return for breakdown, so I appreciate their cooperation as always. Our volunteers were amazing and we could not do it without you. You know who you are! And some of our volunteers had no advance notice, but all did a great job. Thanks to our maintenance guy, Russell, for his help throughout the day, where ever he was needed, and our transportation department for getting everyone there. They provide a great service for the community. I would also like to thank our dietary department for their input and assistance preparing for the event. The Hamlin/Hawley picnic is always a good time at the Lake Genero and I would like to extend my thanks to Debbie and Lu for all their hard work. I thank our commissioners for stopping by and for the support they provide to our centers all year round. We had 2 days with wonderful music by Frankie Gernasi, and delicious food from AJ's, and numerous door prizes from our local merchants. I truly appreciate everyone's cooperation in making our events a great success. Thank you again to all!





## HAWLEY NEWS

We're looking forward to our annual picnic this year with the Hamlin seniors at Lake Genero. This year's theme is a Down Home Country Picnic. The summer seems to go by so quickly when we get older. But then what would the alternative be?

Our speaker for July 8th, Ray Harray, had to cancel. He will reschedule at a later date. We had Theresa Hillart from CMS here to play Medicare bingo. Most of us went home with a prize and useful information on Medicare.



Remember on Friday, August 12th we will be celebrating our Grandparents. We would like to invite all the grandchildren for a day filled with fun, give-a-ways, and pizza for lunch with ice cream for dessert. I will be on vacation at that time, so please let Marie know if you plan to attend and if you are bringing in your Grandchildren. I wish you a wonderful Grandparents Day and I will see you when I return. I would also like to mention that on Friday, Sept 2nd we will have our Labor Day celebration. BOY how the summer fly's by and the winters are so long.

And with that said, remember Medicare annual enrollment will be coming up in October. You will receive important information in the mail for new plans. Take a look at what you have and see if the plan you are in now still fits your needs. Apprise counselors are here to help you get through all the questions and worries you may have. Give Lu Seagraves a call @ 570-226-4209 or Pat Perkins in Honesdale @ 570-253-4262 to schedule an appointment.

Our August Birthdays are; Thelma Dewar, Carla Tedesco, Conrad Liss, Karen Liss, Patricia Schmidt, Richard Kaulfers, Barbara Bee-croft, Ed Reim, Ida Creighton and Paul McConnell -Happy Birthday!!

## ALZHEIMER WORKSHOP FOR FAMILY CAREGIVERS

Are you caring for an aging parent or relative with Alzheimer's or Dementia?

Are you familiar with the different symptoms that can accompany Alzheimer's or Dementia?

This workshop will offer you tips and techniques to help minimize cognitive and behavioral symptoms, and provide you with various techniques to encourage your loved one to engage in meaningful activities.

**Jessica Blomain** of Home Instead Senior Care will present the workshop on **Wednesday, August 17<sup>th</sup>** from **5:00-7:00** at **Wayne County Public Library**, 1406 main Street Honesdale Pa.

Contact Elizabeth at [ewilson@waynelibraries.org](mailto:ewilson@waynelibraries.org) or call 570-253-1220 to register

### Wellness Chair Yoga Class - With Diana Torre



Diana is a Certified Kriplau Yoga teacher since 1993, who for the summer months is volunteering her time at the Honesdale Center. (Kriplau Yoga is defined as compassionate self acceptance, observing the activity of the mind and body without judgment and taking what is learned into daily life). Diana is a yoga practitioner for 35+ years. She also leads classes for Siver Sneakers/YMCA/Arthritis Foundation/ & meditation certifications.

Yoga provides benefits for all ages and abilities. You will notice increased length and strength, stress relief through breathing techniques. It is also known to provide arthritis relief, decreased blood pressure, relaxation, encourage meditation and more.

Please come join us for these enlightening, healthful classes for our mental and physical well being. Classes are scheduled to begin on the 2<sup>nd</sup> and 4<sup>th</sup> Thursdays of every month, from 10:30-11:15 am, at the Honesdale Senior Center. Give us a call at 570-253-4262 for further information.



Your nine-digit Social Security number remains your first and continuous link with Social Security. It helps accurately record your covered wages or self-employment earnings. It is also used to monitor your record once you start getting benefits.

### Why Do You Need One?

You need a Social Security number to get a job, collect Social Security benefits and get some other government services. But you don't often need to show your Social Security card. **Do not carry your card with you. Keep it in a safe place with your other important papers.**

### NEW: You May Be Able To Apply for A Replacement Card Online





You can use a [my Social Security account](#) to apply for a replacement Social Security card online if:

- Are a U.S. citizen age 18 or older with a U.S. mailing address (this includes APO, FPO, and DPO addresses);
- Are not requesting a name change or any other change to your card; and
- Have a valid driver's license from Pennsylvania

For more information about this new online service, visit [www.socialsecurity.gov/ssnumber](http://www.socialsecurity.gov/ssnumber)

### Free Social Security Services

Some businesses offer Social Security name changes or cards for a fee. Social Security provides those services and more for free. Do not pay for something we will give you free. Social Security is the best place to get information about Social Security.

1) Stuffed Shells Meatballs Cauliflower Spinach Italian bread 	2) Grape Juice Breaded Porkchop Garden Rotini Wax beans Strawberries 	3) Honey Mustard Chicken Baked potato Zucchini Mixd vegetables WW bread LornaDoones	4) Roast turkey w/Gravy Mashed potatoes Brussel sprouts Stuffing Warm Diced peaches On Biscuit	5) Orange juice Baked Cod Brown Rice Stewed tomatoes Sweet potato WW bread
8) Grape juice Baked chicken strips Asparagus Italian style Stmd buttered cabbage Rice Pilaf	9) Apple Juice Cream of potato soup WW Crackers Tilapia Florentine Buttered carrots Pecan Sandies	10) WW Spaghetti Meat tomato sauce Cauliflower Green bean Granola bar	11) Pork Chop Loin Applesauce Pierogies Peas n Pearl onions Ambrosia 	12) Orange segments Pizza Sausage bites w/sauce Broccoli Graham crackers
15) Orange juice Corn chowder Wh Wh Bread Salisbury steak w/Gravy CapeCod Blend Veget	16) Shredded pork barbecue On Bun Asparagus Cauliflower Diced peaches On Biscuit	17) Vegetarian chile Baked salmon WW Rotini Rye Bread Pink grapefruit	18) Apple juice Ham Warm Pineapple slices Parm butterd Fettuccine Sweet potato	19) Chicken Tender Baby Bakers Baby carrots Cabbage Wh Wh bread
22) Fish patty On Bun Brussels Stewed tomatoes Oatmeal raisin cookie	23) Chicken Cacciatore over Wh Wh Penne Zucchini Succotash Jello Cake	24) Cranb Cocktail Hamburger On Wh wh Bun Sweet potato wedges	25) Veget lasagna Sausage bites Broccoli Warm Cinn Applesauce	26) Orange- pineappl j Chicken tetrazzini White rice Baby carrots Green beans
29) Meatloaf Mashed potatoes Mixed vegetables Wh wh dinner roll Apple Betty	30) Tom w/beans soup Cheeseburger On bun Sweet potato fries Pink grapefruit	31) Chicken Par- mesan WW Rotini Carrots Broccoli Italian bread	ALL MEALS SERVED WITH MILK 	<b>HOME DELIVERED MENU</b>



Yippee, what a down home country good time this year's annual senior picnic was! The music provided by Frankie Gervasi was excellent. It was line dancing, and thigh slappin', boot tapping, good time! The barbeque itself was finger-lickin' delicious! We enjoyed the sunny day, the smiles, and the ice cream! The Honesdale Senior picnic would like to take this opportunity to thank all who attended and all who had a part of making it another successful year. The center would like to thank the Commissioners for stop-



ping by, Russell from maintenance for transporting supplies all day, the transportation department for getting everyone to and from the picnic and to Mark Birtel for helping us with the food delivery and serving for over 100 people at lunch! A very big thank you to the center staff



for the many days of preparation, and the very dedicated volunteers who helped execute a great day! We appreciate Camp Poyntelle's handmade decorations. Also, A very big thank you to the Wayne County fairgrounds, which provided the beautiful scenery and space for us. Last, but not least, we appreciate the assistance from the work release men from the prison who assist us yearly with setting up/tearing down. They do it with great with care! Thank you to all!



# THE GRANDPARENT SCAM

## WHAT YOU NEED TO KNOW

### WHAT IS IT?

The "Grandparent Scam" is a scam that targets the elderly in an attempt to steal large sums of money through a wire transfer.

Financial losses from this scam are usually several thousand dollars per victim.

### HOW DOES IT HAPPEN?

A grandparent receives a phone call or email from someone who claims to be their grandchild.\* The person states that he/she is traveling in a foreign country, has gotten into a bad situation, and needs money wired ASAP.

*\*Criminal may claim to be a police officer, lawyer, doctor, or other person.*

### WHAT CAN I DO?

**RESIST** the pressure to act quickly.

**CONTACT** your grandchild or another family member to determine whether the call is legitimate.

**NEVER** wire money based on a request made over the phone or in an email, especially overseas.

### IF YOU HAVE BEEN SCAMMED

1. Contact your local law enforcement or state consumer protection agency.
2. File a complaint with Internet Crime Complaint Center (IC3): <http://www.ic3.gov/default.aspx>



### ADDITIONAL RESOURCES

[http://www.fbi.gov/news/stories/2012/april/grandparent\\_040212](http://www.fbi.gov/news/stories/2012/april/grandparent_040212)

<http://www.aarp.org/money/scams-fraud/info-07-2012/scams-target-grandparents.html>

Created by:

The National Center on Elder Abuse

[www.ncea.aoa.gov](http://www.ncea.aoa.gov)



### EAT A VARIETY OF FOODS

by Lynn Guiser, MS, RDN, LDN

According to the 2015-2020 Dietary Guidelines for Americans, we need to continue to eat a variety of foods within each food group and sub-group. It is recommended we accomplish this while remaining within our caloric range and without over consuming nutrients that we must limit.

The Wayne County nutrition program creates meals that offer a variety of foods within and among all food groups. For example, we provide vegetables from different sub-groups-dark green, legumes, orange, starchy and other vegetables, over the course of a week. We also serve a variety of protein sources each week-fish, meat, poultry, and beef-to name a few.

Eating a variety of foods helps to assure all our nutrient needs are met. For example, one food group-such as dairy, is high in calcium and riboflavin, while the fruit group offers good sources of vitamin C and the mineral potassium. To achieve consumption of a variety of nutrients, we need to eat from all the food groups-vegetables, fruits, grains, protein-rich foods, dairy, and oils. Doing so, offers us opportunities to consume nutrients yet to be discovered.

The Dietary Guidelines for Americans discusses consuming foods, as compared to taking a vitamin / mineral pill. The guidelines are based upon the studies of food patterns and their health outcomes. Vegetable and fruit intake-for example, is associated with lower cardiovascular disease, as well as other chronic diseases.

How the different nutrients work together with each other in our bodies, is important. We must not think we can replicate this effect by taking a supplement, or that a pill is an equal substitution for food. Supplements serve a purpose when we cannot absorb or eat enough of a variety of foods. We thrive when we can eat, so strive to consume a variety of whole, unprocessed food from each food group as often as you can.





## REBATE

Rebate offers can be irresistible to consumers, slashing the price of consumer goods at the time of purchase or promising partial or full reimbursements after the purchase.

Some manufacturers and retailers entice shoppers with instant cash rebates that can be redeemed immediately at the checkout counter.

But most rebates are of the mail-in variety. They require consumers to pay the full cost of an item at the time purchase, then to send documentation to the manufacturer or retailer to receive a rebate by mail.

The documentation required generally includes the original sales receipt, UPC code, rebate slip, and the customer's name, address and telephone number. In most cases, this paperwork must be sent to the manufacturer or retailer within 30 days of the purchase. Consumers generally receive their rebates up to 12 weeks later.

But the Federal Trade Commission cautions consumers against being "baited" by rebates that never arrive or arrive far later than promised. By law, companies are required to send rebates within the time frame promised, or if no time is specified, within a "reasonable" time. "Reasonable" in this case often is interpreted as within 30 days. When purchasing a product that offers a rebate, the FTC encourages consumers to:

- Follow the instructions on the rebate form and enclose all required documentation in the envelope when filing for a rebate.
- Make a copy of all paperwork to be mailed when applying for a rebate. It's the only record a consumer will have of the transaction if anything goes wrong.
- Contact the company if the rebate doesn't arrive within the time promised.
- If the rebate never arrives or arrives late, file a complaint with the Federal Trade Commission, the state Attorney General or the local Better Business Bureau.

## WAYNE COUNTY LIBRARY

### Calendar of upcoming programs and events:

Weds, Aug 3- *Stand Up Comedy with Marietta Mendler* 5-6:30 pm

Weds, Aug 17th-*Alzheimer Workshop for Family Caregivers* with Jessica Blomain of Home Instead Senior Care 5-6:45pm

### Ongoing programs

• Saturdays 11-12 Drop in Family Story Time

• YA Club meetings vary, send an email to [cevans@waynelibraries.org](mailto:cevans@waynelibraries.org) to be put on the list for game nights, tech nights, movie nights, & more

• Tuesdays 10-12:30-Canasta

• Wednesday Knitters 11-2

• Thursdays 3:30-5:30-Scrabble Group (register)

• Thursdays twice a month- Knitting, Crocheting & Quilting Group 10-12.

• Computer classes are available for beginners and intermediate students. They are held Friday morning. Contact [jcoar@waynelibraries.org](mailto:jcoar@waynelibraries.org) for more information

• Need help with a new reading device or laptop? Nancy is available for Tech Time. To set up an appointment Contact [npepperman@waynelibraries.org](mailto:npepperman@waynelibraries.org)

Sign up for most ongoing programs is necessary. Please call 253-1220 for more information.

## *Cape May, New Jersey*

4 Days - 3 Nights

Tuesday thru Friday, September 13<sup>th</sup> - 16<sup>th</sup>, 2016

\$519 per person double occupancy

\$719 per person single occupancy



Your package includes: 3 nights lodging at the Grand Hotel, 3 breakfasts, 2 dinners, including Elaine's Dinner Theatre, Carriage House exhibit, Tour of the Physick Estate, Trolley tour, Dolphin Watch Boat Cruise, taxes, gratuities and motor coach transportation.

Thursday will be a free day for you to explore Cape May on your own or spend the day in Atlantic City. We need at least 25 people to go to A.C. to get a casino rebate so I'll be taking names before the trip if you want to go.

More detailed information and cancellation insurance available upon request.

Reserve your seat with Marie at 570-253-5540 or Debbie at 570-689-3766.

Depart: Honesdale McDonald's at 8:00am, Hawley Center at 8:30am, Hamlin Center at 9:00am

\*Please have a \$300.00 deposit in by Friday, July 8, 2016. Balance due by Friday, August 5, 2016

Make checks payable to: Wayne County Aging

Cancellation Policy: Money refunded only if your seat can be filled.

Trip insurance is available.



If you receive the newsletter by mail, please take a moment to look at your mailing label on page 12. If it has a date of July 2016, then you are asked to pay the yearly \$3.00 donation to cover postage costs. Remember, you can always receive the newsletter for free by email or from the Aging website at <http://aging.waynecoutypa.gov>

In the United States, a person dies by suicide every 13/7 minutes and here in the Northeast we continue to experience increases in the devastating loss of community members every year to suicide. Northeast Suicide Prevention Initiative (NSPI), a nonprofit 501 (c) (3) will host a community Walk: "share the Journey" Suicide Prevention & Awareness Walk

Saturday, September 10, 2016 with registration @ 10:00 am

Wallenpaupack High School The event is open to the public and we expect 500+ participants.

All monies donated stay in Pike and Wayne Counties. For further information call Kathy Wallace at 570-575-2343 or [nspiinformation@gmail.com](mailto:nspiinformation@gmail.com).

## Oktoberfest at Split Rock Resort

Thursday, October 20, 2016 \$60.00 per person

Enjoy the versatile musical stylings of The Adlers Band. They will get you up and dancing! Entertaining in the Poconos since 1979. They are the quintessential American Oktoberfest band, playing the best of Austrian-German songs and party music.

Plus a German style buffet luncheon, bingo, and other activities the resort offers... like the indoor pool. Reserve your seat with Marie at 253-5540 or Debbie at 689-3766.

### Depart:

Honesdale McDonald's @ 9:00am  
Hawley center @ 9:30am  
Hamlin center @ 10:00am

### Arrive Home:

Honesdale @ 6:30pm  
Hawley @ 6:00pm  
Hamlin @ 5:30pm

\*Please have your money in by Friday, Oct. 7<sup>th</sup>.

\*Make checks payable to: Wayne County Aging.

\*Cancellation Policy: Money refunded only if your seat can be filled. No money refunded after Oct. 13<sup>th</sup> for any reason.

## The Woodstock Museum and Bethel Wood Center for the Arts & Monticello Raceway and Casino

Tuesday, August 9, 2016 \$32.00 per person

Take a step into our time machine and travel back to "Woodstock and the Sixties." Remember way back to 1969... maybe you were there at the famous concert, maybe you remember the music, remember the movie. Who can forget? Relive it again at The Woodstock Museum. After our museum tour we head to Monticello Casino for lunch and a little gaming. Tuesday is senior day; the buffet is 15% off for seniors.

Call Marie at 253-5540 or Debbie at 689-3766 to reserve your seat.

### Depart:

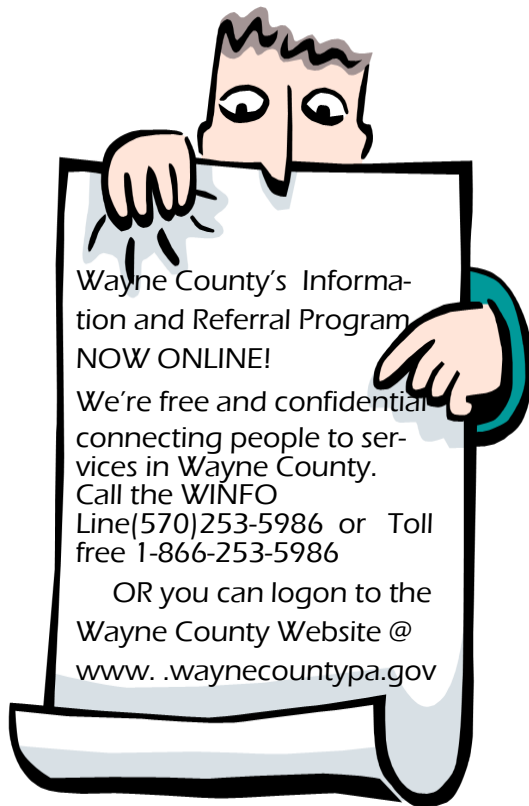
Hamlin Center @ 8:30am  
Hawley Center @ 9:00am  
Honesdale McDonald's @ 9:30am

### Arrive Home:

Hamlin Center @ 5:30pm  
Hawley Center @ 5:00pm  
Honesdale @ 4:30pm

\*Please have your money in by Monday, August 1<sup>st</sup>. \*Cancellation Policy: Money refunded only if your seat can be filled. No refunds after August 2<sup>nd</sup> for any reason.





Wayne County's Information and Referral Program  
NOW ONLINE!

We're free and confidential  
connecting people to services in Wayne County.  
Call the WINFO  
Line(570)253-5986 or Toll  
free 1-866-253-5986

OR you can logon to the  
Wayne County Website @  
[www. .waynecountypa.gov](http://www.waynecountypa.gov)

**Honesdale Center** Earl J. Simons Center, 323 10th Street, Honesdale, PA 18431 570-253-4262/570-253-9115 fax; end of 10th St. across from Stone Jail

**Hamlin Center** Salem Township Building, 15 Township Bld. Rd, Route 590 Hamlin, PA 18427 570-689-3766 / 570-689-5002 fax; Route 191 South to Hamlin 4 corners turn right onto 590 West, go 1/2 mile turn right after Prudential sign.

**Hawley Center** Robert J. Drake Senior Community Center, 337 Park Place, Bingham Park Hawley, PA 18428 570-226-4209 / 570-226-3422 fax ; Route 6 to Hawley, past ball field across from Mayor's office, just before bridge, left onto Park St

**Northern Wayne satellite** @ Northern Wayne Fire Company, 1663 Crosstown Highway, Lakewood, PA 18439 570-798-2335 (fire co) Meetings March-October - 1st & 3rd Thursday; Meetings November-February—1st Thursday only

**Waymart satellite** @ Masonic Hall 136 South Street, Waymart Meetings 1st & 3rd Thursday. Call Kimber Best 570-267-2742.

**Transportation** 323 10th Street, Honesdale, PA 18431; 8:00 am-4:00 pm ; [www.co.wayne.pa.us](http://www.co.wayne.pa.us) go to "human services" click on "transportation" 570-253-4280; out of 253 exchange 1-800-662-0780

**Wayne County Veterans Affairs Representative:** Honesdale 308-10<sup>th</sup> Street, 9-12, Tuesday and Thursday ONLY; Hamlin Senior Center, 9-12, 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays; Hawley Senior Center, 9-12, 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays. For more info please call: 570-253-5970, Ext. 3114.

*Production Coordinator: Kathy Robbins Menu Coordinator: Lynn Guiser  
Editor: Kathleen Chicoski [kchicoski@waynecountypa.gov](mailto:kchicoski@waynecountypa.gov)*



Wayne County Area Agency on Aging  
323 Tenth Street, Honesdale, PA 18431  
570-253-4262 / 570-253-9115 fax

Elder Abuse/Protective Services : 800-648-9620

